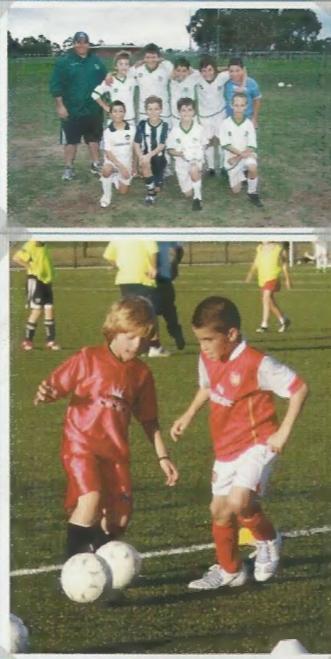
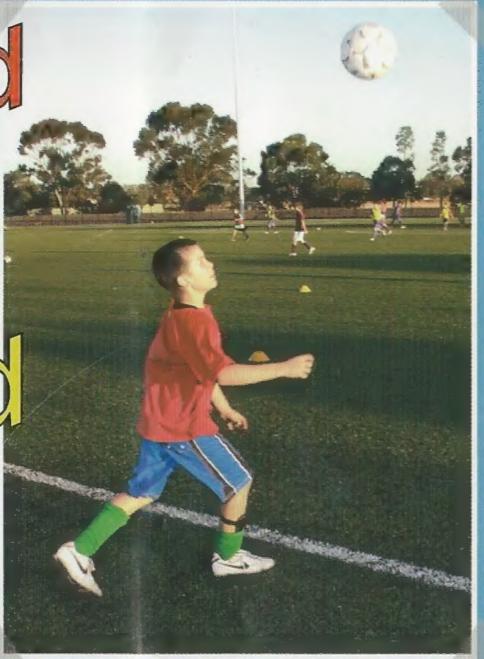




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Hatricks Hero - Season 1 - Edition 3 PG20



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EDITOR'S ADDRESS

FEATURE CLUB : GREEN GULLY

Edition 3 of Hatrick Hero takes us to Green Gully Reserve for our second Feature Club. Last edition focused on the Melbourne Knights and it was warmly received by the Knights' players, parents and committee. Thanks again for your continued support. Green Gully has one of the highest intakes of junior players and we have a total of 10 match reports to feast your eyes on. This edition has five U/9 games as well as games from a number of U/11 teams. This edition is another milestone for Hatrick Hero with the very first girls' games being featured. There are 2 girls' games which are included in the Gully edition with the

U/13/14's being the FEATURE TEAM of the week. Look out for a couple of HATRICK HERO's, who were able to score a bag this week.

We also still have our Archie Thompson competition running, where you can win a signed framed picture of the Victory striker.

Our Fast Fact this week focuses on the playing pitch including dimensions and what each area of the ground is used for. Be sure to also check out this weeks Fitness Builder, which provides an insight into some of the food you should be eating to maximise your potential.

We also round off the Socceroos' toughest opponent in their World Cup Group - Germany as well as a look at the preliminary Australia squad.

Thanks again to our major sponsor ADVANCE HEATING COOLING for making this magazine possible. We have a special offer for Hatrick Hero readers to help "Keep you Warm this Winter" - refer to the front page for full details.

As always check out our FACEBOOK page or email us at hatrickhero@live.com

Notable Past Players Paul Wade (Australia)

- Scott Fraser (Scotland), 1986 NSL: 21 appearances
- George Campbell (Scotland), 1985-86 NSL: 29 appearances
- Steve McLelland (Scotland), 1983-89
- Manny Muscat (Malta) - Currently playing for Wellington Phoenix
- Rodrigo Vargas - Currently playing for Melbourne Victory

CLUB HISTORY: GREEN GULLY

Henry Moakes, whom migrated to Australia from Malta, established the Green Gully Soccer Club in 1955. His connections with the Ajax Floriana Club in Malta led to the original name of the club - the Ajax Soccer Club. The club first moved to its current location, Green Gully Reserve, in 1966 and hence changed its name to Green Gully Ajax. In 1982 the club again changed its name to the Green Gully Soccer Club Limited.

The club is undoubtedly one of the biggest junior clubs, with a total of 28 junior teams. Gully looks to cater for all ages from as young as 5 to as old as 18. Both boys and girls of all abilities are welcome to participate and compete in the beautiful game. The club has a rich history within the Victorian Premier League with 4 Championships. The Cavaliers also had a 3-year stint in the National Soccer League.

MAY

- Pg 4- Under 9's Report
- Pg 5- Under 9's Report
- Pg 6- Under 9's Report
- Pg 7- Under 9's Report
- Pg 8- Under 9's Report
- Pg 9- Under 11's Report
- Pg 10-11- Under 14's Feature Report
- Pg 12- Under 11's Report
- Pg 13- Under 12's Report
- Pg 14- Under 11's Report
- Pg 15- Latest News
- Pg 16- Fast Facts & Ref's Corner
- Pg 17- Fitness Builder
- Pg 18- Messages & Competitions

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DANGER MAN



16

THE IMPORTANCE OF
EATING HEALTH AND HOW IT CAN
IMPACT YOUR GAME



UNDER 9'S REPORT

JOEYS LIME SCORE: 4-1



Joeys lime vs Keilor results



The U/9 Joeys Lime dominated the early stages of the game against Keilor with some good chances in the opening exchanges. However, against the run of play it was Keilor who scored first in the 19th minute through Jacob (Keilor #14). The second period started off lively with a 3 v 1 attack to Keilor. Gully's #12 did very well at the back to clear the ball from harms way. Gully then found their equaliser thanks to a goal from Robbie (#3). The home side was now well on top. Chaner was able to settle the home side's nerves by

smashing the ball into the back of the net. A deserved goal for Gully, who could have bagged another 2 goals straight after the restart. The home team had a scare in the 32nd minute as a rare attack by Keilor hit the woodwork. This inspired Gully to score another 2-goals from Jordan (#6) and Michael (#11) ensuring the result for the home side. Final score 4-1 to the Gully Joeys Lime.

Reporter: Ian Hales



Joeys Blue vs Keilor results

PLAYER SPOTLIGHT:
Name: Stefan
No: 11
Position: Midfield
Favourite Player: Messi
Favourite Team: Barcelona



The Joeys Blue started this game on the back foot early on and had some defending to do. However, Gully was not able to hold out for too long as Keilor hit the lead. Matty, Keilor's #10, scored the opening goal courtesy of classy free-kick. Gully's #3, Emmett, put through a very good cross which nearly resulted in an equaliser for the home side. Gully was again on the attack with a good 1 on 1 as they looked to get back into the game. However, Keilor's keeper stood

firmly in the away and kept the home side at bay. It was the away side who struck again with Nicholas (Keilor #12) putting Keilor 0-2 up. The home side was starting to feel the pressure as Keilor continued to attack. Brodin got Gully back into the game with a well taken goal making it 1-2. Gully showed lots of guts to try and get back into the game, but Matty was able to score his second making it 1-3 to Keilor to end the game.

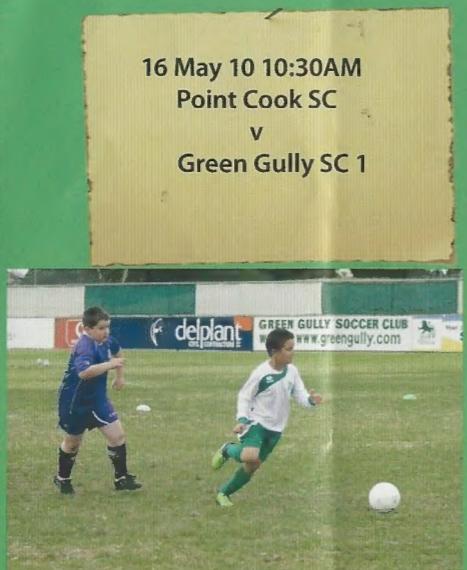
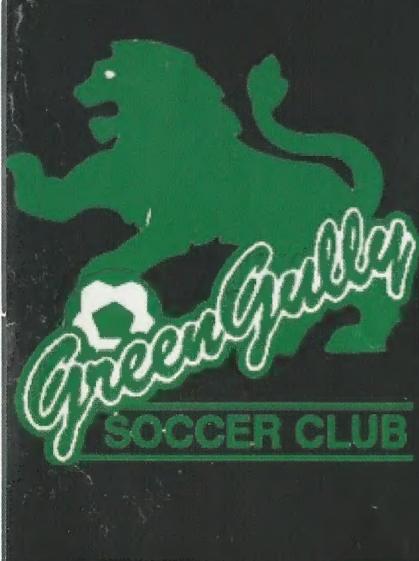
Reporter: Ian Hales

Upcoming Games

Man of the Match

Upcoming Games

Man of the Match



UNDER 9'S REPORT

KANGAROOS

SCORE: 3-1

Kangaroos vs Brimbank Results

The Kangaroos hopped into gear with a very strong start to the game and were the busier of the 2 teams up front. The home team were finally rewarded for their early pressure with a goal coming from Gully's #5, Cheqenne. The scores stayed at 1-0 to Gully as the first half came to a close. Green Gully again started the half with dominance and started to display some confident skills. Their impressive team work resulted in the home side's second of the game thanks to a goal from Walled. Gully was now on a roll and started to bombard the Stallions' goal.

Adrian was able to find a way through for Gully and the #10 scored their 3rd goal for the day. This effectively sealed the victory for the home side. However, Brimbank showed good character by getting a goal in the second half through Sebastian (#10). The Brimbank keeper also played his part in keeping Gully at bay by making some good saves. The game finished 3-1 to Gully - an impressive performance by the home side.

Reporter: Ian Hales



Upcoming Games

16 May 10 - 10:10AM
Melbourne Knights SC
v
Green Gully SC
Knights Stadium



Man of the Match

Gully Man of the Match: Rakan #4
Brimbank Woman of the Match: #4 Sarah



Kangaroo-Joeys vs Keilor Wolves Results

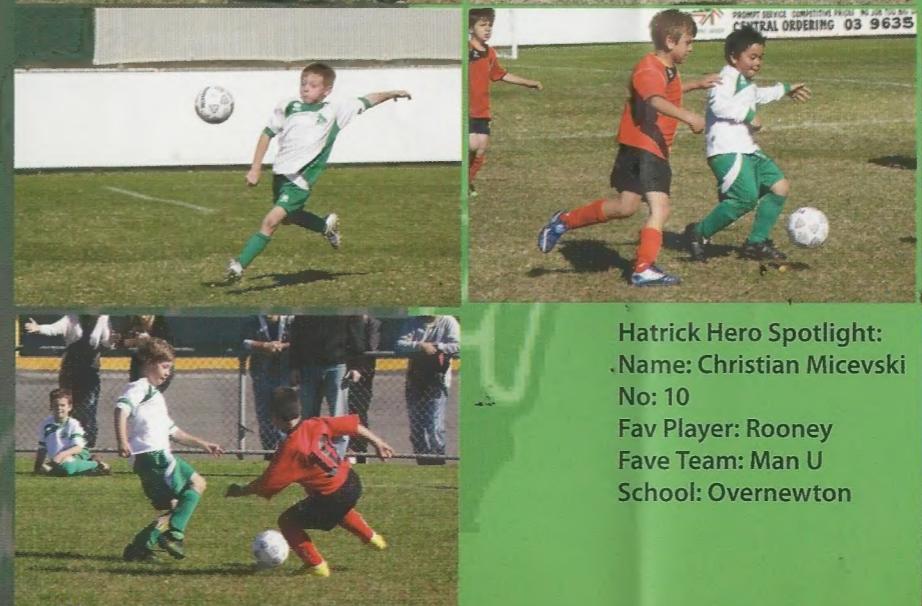
The Kangaroo Joeys were keen to hop into this game with a great goal in the opening minute coming courtesy of Jack (Gully #3). Jack was high on confidence and had a few more chances in the first half. A good cross came in from Keilor's left wing, but no one was in the box to put the ball away for the Wolves. Keilor's persistence finally paid off with Christian (Keilor #10) scoring the equaliser right on the stroke of half time. Green Gully started the second half strong, but it was Keilor

who were creating the better goal scoring chances. The away side made the most of their chances with Christian popping up again to add a second to his tally. Gully looked to bounce back and were unlucky to not equalise as they hit the post twice in quick succession. The Wolves put the game beyond doubt, when Christian became a HATRICK HERO scoring his 3rd of the day. A great come from behind victory for the Keilor Wolves who made the most of their chances.

Reporter: Mitchell Hales

Upcoming Games

16 May 10 - 9:00AM
Werribee City SC
v
Green Gully SC
Galvin Park Reserve



Man of the Match

Gully Man of Match:
Jack #3
Keilor Wolves Man of the Match: Christian #10

Player Spotlight:
Name: Jack
No: 3
Position: Striker
Fav Player: Ronaldo
Fav Team: Chelsea



Hatrick Hero Spotlight:
Name: Christian Micevski
No: 10
Fav Player: Rooney
Fave Team: Man U
School: Overnewton



Hatrick Hero - Season 1 - Edition 3 PG7

UNDER 9'S REPORT

JOEYS LIME

SCORE: 2-4



Joeys lime vs spring hills results



This game between the U/9 Joeys Lime and Spring Hill FC was the most intense and entertaining game of the day. Peter, Gully's #2, scored the 1st goal directly from a corner kick. Gully's defence was not able to hold out Michael (Spring Hills #10), who found the equaliser through some neat play. The away side took control of the game and hit the lead through another goal from Michael, making it 1-2 to Spring Hills. The intensity was maintained in the 2nd period and Gully was able to find the equaliser through Joel (Gully #9) – Game on!

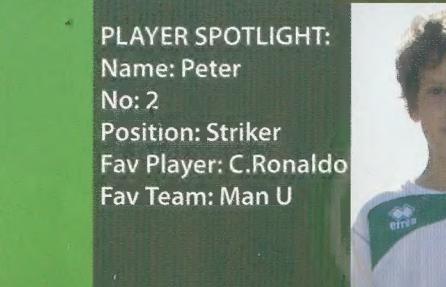
The parents were on the edge of their seats as both sides came agonisingly close to the winner. Gully was unlucky not to hit the lead as a shot was saved by the Spring Hills keeper onto the crossbar. Both teams had chances to win the game, however it was the away side who found a way through with Thomas (Spring Hills #4) making it 2-3. Gully still had enough time to salvage a draw and pushed forward. It was Spring Hill who found another goal through Thomas, who scored his second goal. A very entertaining game which finished 2-4 to the away side.

Upcoming Games

16 May 10- 9:00AM
Satellite City United SC
v
Green Gully SC 2

Man of the Match

Gully Man of the Match:
Peter #2
Spring Hills Man of the
Match: Maya #6



PLAYER SPOTLIGHT:
Name: Peter
No: 2
Position: Striker
Fav Player: C.Ronaldo
Fav Team: Man U



UNDER 11'S REPORT

KANGA JOEYS

SCORE: 1-5



Kanga joeys vs georgies results

Gully's U/11 Joeys Yellow were up against Georgies. In the 8th minute Georgies' No 10 hit the left corner post with a great shot. Jeremy (George Cross #10), opened the scoring in the 14th minute. George Cross was again rewarded with another goal from Jeremy, who notched his second of the game with a great shot from 15m out. Gully looked to pick themselves up and tried desperately to get back into the game, however the half ended 0-2 to

the Cross. Green Gully came out revitalised in the second half and opened their account through David (Gully #9). The home team now believed in themselves and looked to level the scores. The away side did not have to wait too much longer for another goal, with Joshua (Georgies #9), hitting in their 3rd goal of the game. George Cross was then able to take control of the game with another 2 goals in the half from Troy and another from Jeremy. A great performance by the away side. Well done to Jeremy - the HATRICK HERO of the game. A courageous effort by Gully. Final Score 1-5 to George Cross. Reporter Paul Sammut

Upcoming Games

16 May 10 9:00AM
Green Gully SC 1
VS
Brimbank Stallions

League Results

Round 4
Green Gully SC (2) 1 - 5 George Cross
Cairnlea 5 - 0 Melbourne Knights
Altona City SC 2 0 - 5 Green Gully SC 1
Brimbank Stallions 2 - 7 Williamstown SC
Spring Hills FC 0 - 1 Keilor Park SC
Point Cook SC 0 - 5 Altona City SC 1

Man of the Match

Gully Man of the
Match: #9 David
George Cross Man
of the Match: #10
Jeremy



Standings

Team	P	Pt
Williamstown SC	4	12
Cairnlea	4	12
Keilor Park SC	4	12
Green Gully SC 1	4	9
Sunshine GX	4	9
Altona City SC 1	4	9
Spring Hills FC	4	4
Brimbank Stallions	4	3
Green Gully SC 2	4	0
Altona City SC 2	4	0
Point Cook SC	4	0
Melbourne Knights	4	-2

*Correct on May 10, 2010 1:50PM (local time)

FEATURE TEAM>>

Hatrick Hero - Season 1 - Edition 3 PG10

UNDER 14 GIRLS

Match Report: Gully VS Bundoora United FC

A very vocal crowd was in attendance for the last game of the day at Green Gully Reserve. The 13/14's A looked to get all 3 points against Bundoora United FC with some intense opening exchanges. Gully was able to catch the early lead in the 5th minute through a Despina (Gully #5) goal. The Gully defence looked to maintain their slender lead with Mary (Gully #18) holding firm at the back. Bundoora's #8 looked very lively up front and had a good shot saved by the Gully keeper on the 20 minute mark. The action was end to end with neither team dominating the match. Gully had a free kick awarded in the final minute of the half. A good ball was delivered across the box finding Despina (Gully #5) with a 1 on 1 with the

keeper. The keeper was able to make a good save, keeping the scores at 1-0 as the half came to a dramatic close. Gully started the second half with a few tactical changes as they looked to defend their lead against the wind. Bundoora's tactics were evident as they looked to use the wind to their advantage in search of the equaliser. Bundoora's #8 found some space and hit a good shot, but was unable to find the back of the net. Gully was looking to add to their lead through counter attacks as they found it difficult to break through the strong wind. Maree, Gully's #3, led another counter attack which resulted in a corner that was well saved by the keeper. Gully looked to steady their ship and brought on 3 subs - #3, #12 and #9. Both teams looked as though they could find a goal and the crowd

could now sense that another goal was not far away. Gully's goal was now under a bit of pressure as they started to fatigue and it looked as though Bundoora would find a way through. It was Jogia, Bundoora's #18, who finally found the equaliser in the 22nd minute of the half. The game was now tied and both teams would not settle for a draw. The intensity was high both on and off the pitch as chances were created at both ends. The away side was finishing the stronger as they looked to sneak in a victory with 2 successive shots hitting the side netting. However, it was Gully who had the final chance through their goal scorer Despina. Gully's #5 was put through for a final 1 on 1 with the keeper, who again did well to keep the scores tied. A very well contested game, which finished off 1-1 with the points shared.

Reporters: David & Nathalie Hales

Ladder Standings

Team	P	W	D	L	F	A	Pts
Keilor Park SC	4	4	0	0	24	1	12
Bundoora United FC	4	3	1	0	15	5	10
Brunswick Zebras JSC	4	2	1	1	10	5	7
St Albans Saints SC	4	2	1	1	9	5	7
Green Gully SC	4	2	1	1	12	9	7
Watsonia Heights JSC	4	2	0	2	9	10	6
Pascoe Vale SC	4	1	1	2	4	12	4
Essendon Royals SC	4	1	0	3	2	7	3
Banyule City SC	4	0	1	3	3	14	1
Sunbury United JSC	4	0	0	4	1	21	0

Correct at May 10, 2010 1:50PM (local time)

SCORE: 1



PLAYER SPOTLIGHT:

Despina & Maree



PLAYERS SPOTLIGHT

Left to Right

NAME: Despina | Maree

NO: 4 | 3

POSITION: Centre Mid | Left Wing

FAVOURITE PLAYER: Ronaldinho

| C.Ronaldo

FAVOURITE TERM: Man U



Woman of The Match

Woman of the Match:

Gully #4, Despina

Bundoora #18, Jogia

Upcoming Games

16 May 10 - 11:20AM

Keilor Park SC VS

Green Gully SC

League Results

Brunswick 3 - 0 Essendon
Green Gully 1 - 1 Bundoora
Banyule 1 - 1 Pascoe Vale SC
Keilor Park 9 - 0 Sunbury
St Albans 3 - 0 Watsonia Heights

UNDER 11'S REPORT

JOEYS GREEN SCORE: 1-2



JOEYS GREEN VS POINT COOK JETS

Green Gully Soccer Club

This game started with a very cagey opening few minutes. The home side conceded a corner in the 11th minute of the game and were unable to clear their lines. Pt Cook's #15 was able to take the advantage and slotted in the first goal of the game. In the 15th minute Gully's #8 was able to get a shot, which just went wide of the posts. Half time score stayed at 0-1 to the away side. The second half started with Pt Cook having all of the early possession and chances. Gully's keeper was able to make a great save, which came off the post. Pt Cook was growing in confidence and put together some neat passing, which resulted in a great cross along the face of the goals. Pt Cook's #31 was the first to react and scored the second goal of the game in the 7th minute of the half. Against the run of play, Gully were able to put together a quick counter attack with Gully's #10 scoring a powerful shot into the bottom right hand corner in the 12th minute of the half. The score stayed 1-2 to Pt Cook Jets. A good performance by the home team.

Reporter: Paul Mizzi

The home side showed some real supremacy in the early stages of the game and were determined to shut their opponents from the game early on. It was Georgia (Gully #12) who scored the first goal for the home side. Brunswick was finding it very difficult to clear the ball from defence and could not find any rhythm in their play. Gully were utilising the left wing well as they looked to continue exploiting the Zebras defence. Gully made the most of the dominance as Katlin scored a double



UNDER 12'S REPORT

GULLY GIRLS SCORE: 6-0

GULLY VS ZEBRAS RESULTS

in quick succession prior to the 20 minute mark. The score stayed 3-0 to the home side at half time and it looked as though it might be a landslide victory to Gully. The home side continued their dominance in the second half with Brunswick again playing mostly in their defensive half. The away side was able to venture into the attacking third on the rare occasion, giving the Gully keeper light work. Gully's 4-3-3 formation was doing the job, with Sarah (Gully #8) doing a great job on the left wing. Gully was able to add another 3 to their tally with Isabella scoring 2 and Daniela 1. Final Score 6-0 to Gully.

Reporter: Ian Hales



STANDINGS

Standings

Team	P	Pts
Cairnlea 1	4	12
Point Cook SC	4	10
Cairnlea 2	4	9
Hoppers X	4	9
Green Gully SC	4	6
Spring Hills FC 1	4	5
Altona East SC	4	4
Spring Hills FC 2	4	1
Melton SC	4	1
Bacchus Marsh	4	0

Upcoming Games

16 May 10 9:00AM
Melton SC
v
Green Gully SC



League Results

Round 4
Green Gully SC 1 - 2 Point Cook
Melton SC 0 - 5 Hoppers Crossing
Spring Hills FC 1 1 - 0 Cairnlea
Bacchus Marsh SC 1 - 4 Altona
Spring Hills FC 2 0 - 5 Cairnlea

Man of the Match

Gully Man of the Match: #16
Point Cook Man of the Match: #10

Upcoming Games

16 May 10 - 12:30PM
Eltham Redbacks FC
v
Green Gully SC



League Results

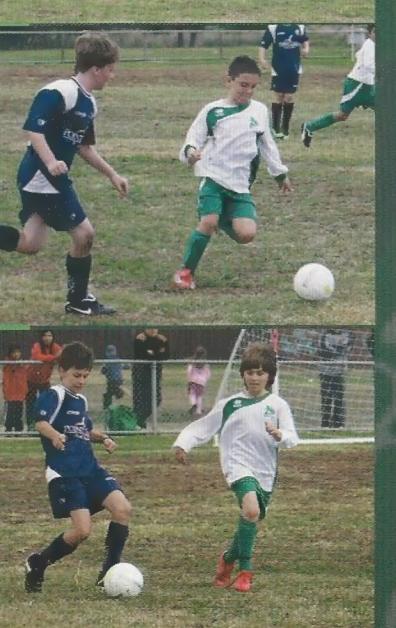
Round 4
Keilor 0 - 9 Pascoe Vale
Alphington 1 - 1 Essendon
Kensington 1 - 0 Watsonia
Green Gully 6 - 0 Brunswick
Eltham 0 - 4 Diamond Valley

Woman of the Match

Gully Woman of the Match: #12 Georgia

Team	P	Points
Pascoe Vale	4	12
Essendon	4	10
Kensington	4	9
Diamond Valley	4	9
Alphington	4	7
Watsonia	4	4
Keilor	4	4
Green Gully	4	3
Brunswick	4	0
Eltham	4	0

*Correct on May 10, 2010 1:50PM (local time)



UNDER 11'S REPORT

JOEYS YELLOW SCORE: 0-2



Joeys yellow vs Keilor results



The U/11 Joeys Yellow looked to take all three points against the visitors, Keilor Park. It wasn't until the 15th minute until a chance materialised into the first goal of the game – falling to Keilor's #15, Marko. The away side were unlucky not to double their lead in the 17th minute as #5 had a shot hit the post. This seemed to inspire Gully as they too went close with a shot hitting the side netting only moments later. Gully's #9, Luke, was able to get a shot on goal, but it was well saved by Keilor's keeper. Gully's

defence were also picking up their game and were able to win the ball back quicker. However, Keilor were able to sustain some good pressure and were finishing the game the strongest. They were able to carve some good chances with Marko (Keilor #9) finding the back of the net once more to effectively end the game. The home side fought bravely and did well to not concede another goal. Final score 0-2 to Keilor Park.

Reporter Ian Hales

STANDINGS

Team	P	Pts
Balmoral	4	12
Point Cook	4	9
Cairnlea	4	9
Keilor	4	9
Sydenham	4	6
Barnstneworth	4	6
Werribee	4	6
Satellite City	4	3
Green Gully	4	0
St Albans	4	0

Upcoming Games

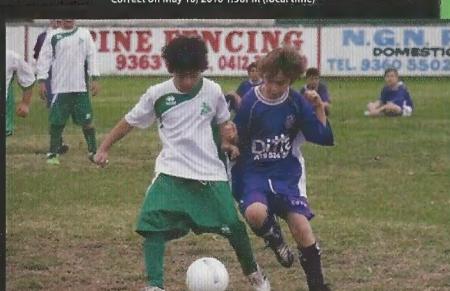
16 May 10 9:00AM
Sydenham Park SC
v
Green Gully SC

League Results

Round 4
Green Gully 0 - 2 Keilor
Cairnlea 6 - 1 Werribee
Sydenham 1 - 3 Balmoral
St Albans 1 - 4 Barnstneworth
Point Cook 3 - 1 Satellite City

Man of the Match

Gully Man of the
match: Damian #1
(Goal Keeper)
Keilor Park Man of the
Match: Marko #15



LATEST NEWS



Hatrick Hero - Season 1 - Edition 3 PG15

world cup:

The Hatrick Hero team is definitely getting excited now with less than a month until we see the Socceroos go head to head against some of the biggest teams of the world. This edition, we keep a close eye on the previous hosts Germany and their quality team.



Team wrap up

germany

The Germans qualified top of Group 4, with the Russians rounding off second spot 4-points behind. The European Power house did not loose a single game during qualification and scored an impressive 21 goals, whilst only conceding 5. Nicknamed, Die Mannschaft, the German team has one of the richest histories in World Cup Football. They have won a trio of World Cup trophies (as West Germany), have reached the finals 7 times and have progressed to every quarter final since 1982. Phillip Lahm

and Mario Gomez have capped the most appearances this campaign (10 games), with Klose scoring the most goals (7 goals). Germany are by far the favourites to take out Group D, and are really flying under the radar in terms of being out-right favourites to win the entire tournament. The Socceroos will need to defend meticulously and make the most of the odd goal scoring chance that may come their way if they are to secure any points against the Germans.

players TO WATCH OUT FOR:

FULL NAME: Michael Ballack
BIRTH DATE: September 26, 1976
BIRTH PLACE: Chemnitz, Germany
HEIGHT: 1.88m
WEIGHT: 81.9 kg
AGE: 33
POSITION: Midfielder
SQUAD NO: 13



FULL NAME: Lukas Podolski
BIRTH DATE: June 4, 1985
BIRTH PLACE: Gliwice, Poland
HEIGHT: 1.80m
WEIGHT: 81 kg
AGE: 24
POSITION: Forward
SQUAD NO: 10



The Die Mannschaft is captained by the one and only Michael Ballack. His impeccable goal ratio of 1 goal for every 2 games for Germany makes him a real asset for the team. This coupled with his consistency, stamina and commanding presence will pose a significant challenge to the Socceroos' midfield. Ballack began his career in East Germany before making several moves within the Bundesliga, having his most successful spell with Bayern Munich, winning 3 domestic titles. The Germany Captain made his move to the EPL with Chelsea in 2006 as part of a free transfer. Although he has struggled to find his goal scoring form this season with the Blues, he will no doubt play a major role if Germany is to be successful this year.

Lukas Podolski's first plunge into sport was European handball, representing the Polish national side. Football quickly took over, with his first club being Köln in the Bundesliga. As a young player, Podolski racked up quite the goal scoring record and as such was being courted by 2 countries to join their national sides – Poland (his birth place) & Germany. Germany won the battle, and his first call up was in the Euro 2004 tournament, being the youngest player of the squad – aged 19. He was eventually signed with Bayern Munich and also made the 2006 World Cup squad. Although the Germans did not win the tournament, Lukas was crowned Best Young Player, beating the likes of Ronaldo, Messi and Fabregas. His impeccable 50% strike record in over 60-games for Germany makes him a real weapon for the the Die Mannschaft. His versatility, positioning, pace and ability in finding the back of the net will be a nightmare for most defences.



FAST FACTS

& REF'S CORNER all about: THE Field OF play

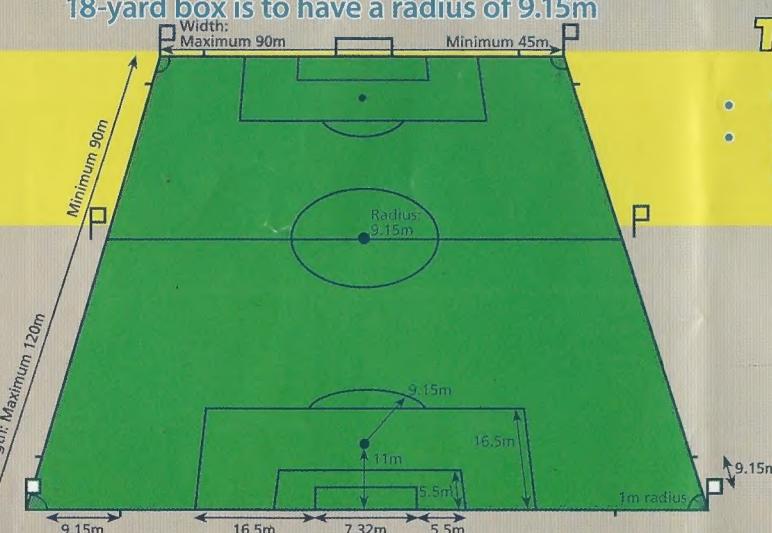
THE dimensions

- The length of the touch line must be greater than the length of the goal line.
- Length (touch line): minimum 90 m (100 yds) / maximum 120 m (130 yds)
- Width (goal line): minimum 45 m (50 yds) / maximum 90 m (100 yds)
- All lines must be of the same width, which must be not more than 12 cm (5 ins).



THE penalty area / 18 yard box

- 16.5m (18yds) drawn from goal posts and 16.5m into field of play
- A foul within this area will result in a penalty kick to the attacking side
- Penalty Spot is to be 11m (12 yards) from the centre of the goal and directly in front
- The arc at the centre of the top-centre of the 18-yard box is to have a radius of 9.15m



THE goal area / 6 YARD BOX

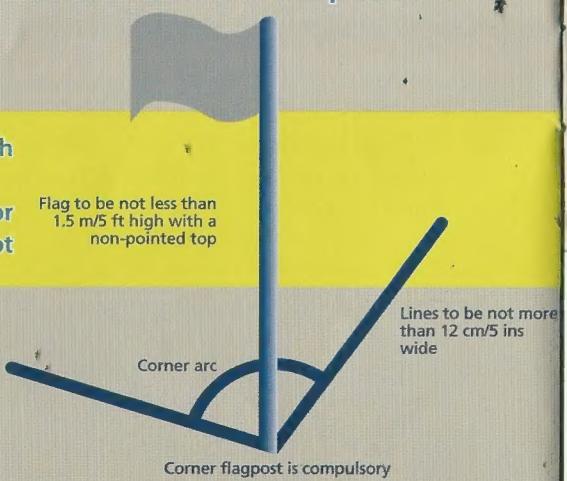
- Width of goal line usually 7.32m
- Dimensions of 6 yard box = 5.5m either side of post and 5.5m in length

Flagposts

- Must be at least 1.5m high
- Placed at every corner
- Non-pointed top and with a flag
- May also be placed at the half way lines on each side of the pitch

goals

- Must be placed at centre of each goal line
- Goal posts must be made of wood or metal and can be square but cannot be dangerous to players
- Standard width of 7.32m (8yds)
- Standard height of 2.44m (8ft)
- Goals must be fitted with nets
- Must be painted white



FITNESS BUILDER

...with Andy



Energy for Football

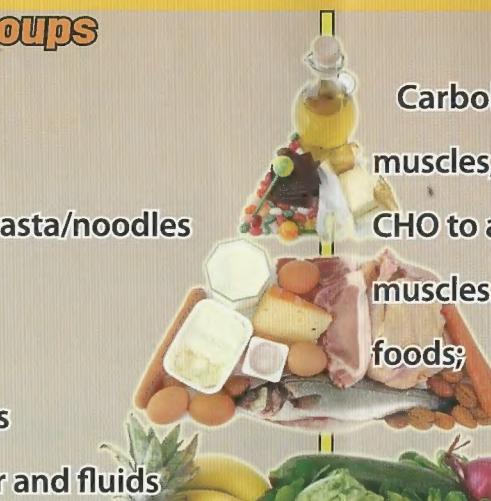
The importance of healthy eating:

- Helps us to go faster and longer during training and matches
- Helps our concentration levels when trying to control the ball or perform a skill
- Lowers our risk of injury

THE five FOOD groups

- Vegetables
- Fruit
- Breads/Cereal/rice/pasta/noodles
- Lean Meat/ fish/ poultry/eggs/nuts
- Butter/take away/oils

+ Water and fluids



CARBOHYDRATES

Carbohydrates provides energy for our muscles, brain and immune system. We need CHO to assist in repairing and growth of our muscles. Carbohydrates are in the following foods;

- Fruit
- Legumes
- Milk & yoghurt

PROTEIN



FAT

- Protein; is our source for building muscles!
- Protein are in the following foods;
- Lean meats / Dairy products
- Fish / Nuts

Fat; Taking a lot fatty foods will lead to increased weight and most importantly we miss out on the nutrients we need in other foods. High fat is in the following foods;

- Take away foods
- Sausage rolls
- Hot Dogs
- Chocolate

Fluids; Keeping our fluid levels up is extremely important to help our body temperature stay at normal levels. Special attention is needed for younger footballers because they don't stop to take drinks. Water and sport drinks like Gatorade are the best choices throughout football training and matches.

Reference: McArdle, William D., Frank I. Katch, and Victor L. Katch. "1." Exercise Physiology: Energy, Nutrition, and Human Performance.

Baltimore:Lippincott-Williams & Wilkins, 2007.



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midfielders

Mark Bresciano, Tim Cahill, Nicky Carle, Jason Culina, Brett Emerton, Richard Garcia, Vincenzo Grella, James Holland, Brett Holman, Mile Jedinak, Tommy Oar, Carl Valeri, Dario Vidosic

forwards

Joshua Kennedy, Harry Kewell, Scott McDonald, Nikita Rukavytsya

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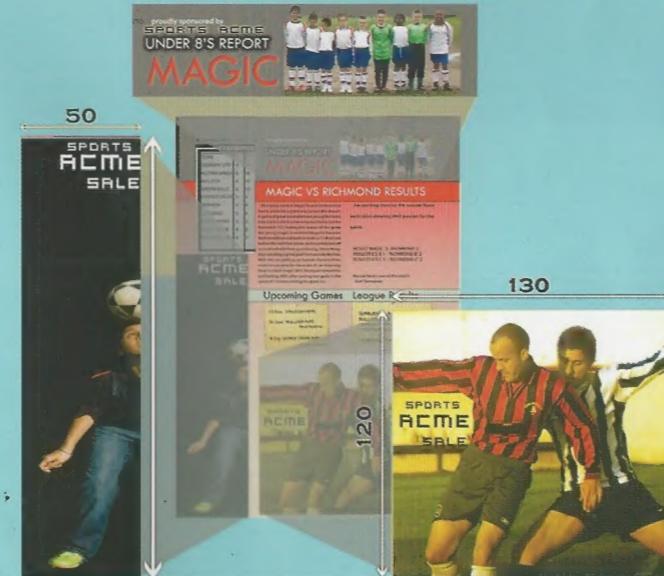
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